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Hopping to stardom

Stuffed bunny found at Museum of Natural History in Halifax an instant Twitter star. Page 5

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JETS FACE OFF AGAINST OILERS

Winnipeg Jets' Chris Thorburn (22) battles for the puck with Edmonton Oilers' Justin Schultz (19), Boyd Gordon (27) and Nikita Nikitin (86) during first period NHL hockey action in Edmonton on Monday. For complete coverage of the game, check out metronews.ca.

JASON FRANSON/THE CANADIAN PRESS

Budget makes room for pools

City Council. Finance chair Marty Morantz said they listened to Winnipeggers



BERNICE PONTANILLA

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Planters, patios and pools were the words of the day on Monday, as city council voted 14-2 in favour of an amended 2015 operating budget that smoothed over some previous acrimony.

The biggest change came with the restoration of half of the \$100,000 in "efficiencies" the city was looking for in aquatic services.

A battle was ignited at city hall after several councillors came forward in February with concerns that pools would be closed.

Both Mayor Brian Bowman and finance chairman Coun. Marty Morantz responded there would be no closures, instead there would be lane closures during low-use times and redeployment of lifeguards.

During Monday's meeting, Coun. Jeff Browaty teamed up with colleague Ross Eadie to propose a restoration of \$50,000 of that efficiency search and another \$50,000 into promoting pools services. It was unanimously supported.

"At the end of the day, the budget is a really big, long conversation," said Morantz, adding he was pleased with the 14-2 votes on both the operating and capital budgets.

"And sometimes it comes down to just a few things. We listened to people, we listened to the presentations, to the delegations that came."

Asked if efficiencies will still be sought, Morantz said if there are, they will be minor.

Another motion on the restoration of flower planting along important routes and the deletion of the patio license agreement fee also passed unanimously.

On the budgets, only Couns. Jason Schreyer and Shawn Dobson voted against.

The now-passed 2015 budget included a 2.3-per-cent hike to property taxes and an increase to the frontage levy of 60 cents per frontage foot.



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Crown short on answers in infant-bodies case: Lawyer

Courts. Defence says autopsies have failed to address key questions about U-Haul discovery

There are still no answers as to the identity of six infant bodies found last October in a U-Haul storage locker.

The lawyer for Andrea Geisbrecht — the woman charged with six counts of concealing the bodies — said Monday that the Crown has done at least two autopsies and brought in a forensic anthropologist but has not found much, at least in what it has shared with the defence.

"When is it going to come to an end? Are they going to keep on going until they find someone who is going to say what they want him to say?" Greg Brodsky asked outside a Winnipeg court.

Brodsky said information provided so far does not point to any foul play, does not identify any of the par-

ents and does not prove that the infants were ever alive.

"There is no proof that they weren't stillborn."

The Crown declined to comment on the evidence as the case is still before the courts.

Geisbrecht, 40, remains in custody. The matter has been put over to April 17 while Brodsky awaits further evidence disclosure, including DNA evidence that may identify the bodies.

The remains were found by employees at the storage facility who were checking on an unpaid rental bill.

Police notes previously read out in court indicate that officers found bodies wrapped in garbage bags and placed in either a duffel bag, a tote bag or plastic containers.

One officer managed to pry open a container and saw "limbs that belonged to an infant," court heard.

Brodsky said last December that initial tests showed the remains dated back between eight and 10 years.

THE CANADIAN PRESS



Police in Winnipeg discovered the remains of at least six infants inside one of the lockers at this U-Haul in October.
JOHN WOODS/THE CANADIAN PRESS FILE

Janice Filmon crowned lieutenant-governor



Janice Filmon

COURTESY UNIVERSITY OF MANITOBA

Prime Minister Stephen Harper has announced the appointment of Janice Filmon as Manitoba's new lieutenant-governor.

Filmon is a social worker, motivational speaker and volunteer known for her charitable work.

She is the chairwoman of the CancerCare Manitoba

Foundation and has a cancer leadership award named after her.

Filmon was awarded the Order of Canada in 2013 and named an officer of the Order of Manitoba in 2007.

She is also the wife of Manitoba's former Progressive Conservative premier, Gary Filmon.

She succeeds Philip Lee, who has filled the role since 2009.

"Janice Filmon is a strong leader who has been extensively involved in her community for decades. As a champion of health care and education, she has been an exemplary volunteer who has helped a wide range of Mani-

tobans through her tireless efforts," Prime Minister Stephen Harper said in a release Monday.

Lieutenant-governors are the representatives of the Queen in each province and grant royal assent to laws. They serve terms of no less than five years.

THE CANADIAN PRESS

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Ex-councillor says budget 'long on tax increases'

One of the fiercest critics of the 2015 operating and capital budgets turned out to be Garth Steek, a former city councillor who spoke forcefully during Monday's budget meeting.

Steek, who served on council between 1995 and 2004, said the budget was "long on tax increases, levies, fee increases — and frankly I'm astonished by the discussion around the frontage levy."

"Somebody suggesting

that this levy is not a tax; a levy is a tax," added Steek, referring to the frontage levy that will be increasing 60 cents per foot, to \$4.35 from \$3.75.

"The bitter irony in this is that the levy we are facing at best is a tax, at worst it harms those who can least handle it."

During Monday's meeting, Coun. Ross Eadie tabled a motion that would have seen an additional 1.37 per cent property-tax increase

— on top of the 2.3 per cent hike — instead of the frontage levy. His motion lost.

Steek also criticized the city's public service, citing a Winnipeg Free Press article in which a consultant pegged the cost of the police HQ purchase and renovation at \$179.5 million, about nine months before city council voted in favour of the project at a price tag of \$135 million in 2009.

"I'm 65; I've never read a piece of investigative jour-

nalism that struck terror in my heart like that," said Steek, who was cautioned by Speaker Devi Sharma to stick to the topic at hand. Steek responded that the interest to be paid on the cost overrun is in the capital budget.

"Why do I bring that up, madam speaker? Because of the fact that how can you trust a budget when you've had that kind of a history?"

Steek said those public servants involved should be fired. **BERNICE PONTANILLA/METRO**



Former councillor Garth Steek addresses city council on Monday.
BERNICE PONTANILLA/METRO

Councillors hopeful underpass projects both get green light



Coun. Matt Allard shows his displeasure when his attempt to enter constituents' letters of support for the Marion-Archibald project into the public record on Monday is briefly blocked by speaker Coun. Devi Sharma.
BERNICE PONTANILLA/METRO

Development.

Bowman says federal government funding key to getting started



BERNICE PONTANILLA
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Two city councillors have stopped bickering and are instead hedging their bets that underpass projects in their wards will become a reality.

Councillors Matt Allard (St. Boniface) and John Orlikow said after Monday's council meeting that they're hopeful their underpass proposals at Marion-Archibald and Waverley, respectively, will become reality in the near future.

Allard said he was encouraged by information he received over the weekend from

Mayor Brian Bowman that should one project not get Building Canada federal funding, it will receive \$5.2 million that had been set aside for the Marion-Archibald project.

"Essentially I heard today whatever project (is) prioritized in the new Building Canada Fund will be financed through other means, so there's very good chances that \$5.2 million will go to Marion and Archibald," said Allard.

Allard had a tiff with speaker Devi Sharma when Sharma briefly blocked his attempt to enter letters of support into the record during the meeting.

"I'm definitely optimistic, considering that Marion and Archibald is the only short-term priority identified in our transportation master plan that has a real chance of materializing," said Allard.

Orlikow said a cost-benefit

Quoted

"I'm definitely optimistic."

Coun. Matt Allard (St. Boniface)

analysis will be delivered during a council seminar on Tuesday that deals with the Building Canada Fund.

He believes this step will remove some of the "political" accusations that have been made since the March 16 infrastructure-renewal and public-works committee meeting.

The other two projects in the running for Building Canada are the Chief Peguis Trail extension and the Kenaston widening.

Bowman said the key to getting the four projects underway is money from the federal government. Those decisions are pending.

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March 23
to
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TRANSIT TUESDAY

Weekly Transit News Update

NEW MILLENNIUM LIBRARY SERVICE CENTRE NOW OPEN

Winnipeg Transit's Millennium Library Customer Service Centre, located at 251 Donald St. (corner of Graham Avenue & Donald Street) is now open. Service hours are Monday to Friday, 8:30 a.m. to 4:30 p.m.

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West End

Apartment evacuated over suite fire

Residents of a three-storey apartment block got a rude awakening when a fire in a suite forced an evacuation.

Emergency personnel were on the scene Monday morning after a fire broke out around 6:30 a.m. at the building on Sherbrook Street at Sargent Avenue. Thick smoke meant emergency personnel had to rescue two people from a window.

Three people, including a firefighter, were taken to hospital.

There was no immediate word on a cause or damage estimate. The fire didn't spread beyond a single suite. **METRO**

RM of Sifton

Car crash into river kills girl

Virden RCMP say a 16-year-old girl from rural Saskatchewan is dead after crashing her vehicle into a river in southern Manitoba.

Police said the teen's vehicle was found by a passerby at about 11 p.m. on Sunday on Harrison Bridge Road in the RM of Sifton. It was partly submerged in the river.

The girl, the only occupant of the vehicle, was taken to hospital, where she was pronounced dead. She was wearing a seat belt.

RCMP said they believe icy weather and poor road conditions contributed to the crash.

The investigation continues.

METRO



Kevin John Rose, 42, is charged with luring a 17-year-old girl into prostitution. CONTRIBUTED

Sex offender accused of pimping teen girl

Crime. Police allege Kevin John Rose met the victim, 17, online

SHANE GIBSON
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A convicted sex offender with a history of child-pornography and child-prostitution charges has been arrested after police say he lured a 17-year-old girl he met online into prostitution and attempted to do the same thing to a 13-year-old girl.

Kevin John Rose, 42, of Winnipeg was arrested Friday while already in custody awaiting trial for similar charges laid back in December.

Police allege Rose met both victims separately via social

media between mid-November and early December last year.

In the case of the 17-year-old victim, police say Rose advertised her services as an escort on a website and allowed her to use his home for escort purposes over a two-week span.

While the accused and the 13-year-old girl never actually met, police allege he discussed the consumption of alcohol and illegal drugs during their online conversations and made plans to meet in person, in contravention of a court order prohibiting him from communicating with anyone under the age of 16.

"As parents, we have to recognize that when our children are on social media that there is always the chance that they might come across someone trolling for innocent victims,"

said police spokesman Const. Eric Hofley. "In worst-case scenarios, these are the types of things that can happen."

Hofley said the charges were laid after both victims came forward to investigators.

Rose was convicted for possession of child pornography in 2011 and made the news last year when media discovered unsuspecting Winnipeggers had been letting him into their homes as the owner and operator of a local furnace and duct-cleaning company.

Rose's new charges include procurement to have illicit sexual intercourse, procuring prostitution of a person under 18 years of age and failing to comply with a prohibition regarding children.

Rose remains in custody. None of the allegations have been proven in court.

Survey. Jets fans the most cautious daters in country

A survey looking at the dating habits of Canadians based on which hockey team they cheer for suggests Winnipeggers may have been left a little jilted by the loss and return of the Jets.

The Match.com survey found Winnipeggers are the least likely hockey fans in Canada to believe in love at first sight at just 37 per cent. But just like when we welcomed the Jets back into our lives, the survey found Winnipeggers are most likely to stay friends with

By the numbers

37%

Percentage of Winnipeg hockey fans that believe in love at first sight, says a survey

an ex at 55 per cent.

The survey also found 42 per cent of Toronto Maple Leaf fans have gotten back together with an ex, despite the fact their exes probably won't make the playoffs either. **METRO**

Stabbing. Man charged with attempted murder

A Winnipeg man is in custody after a stabbing on Redwood Avenue on Saturday.

Winnipeg police said they were called to the scene at about 4:30 a.m. on the 600 block of Redwood Avenue. There they found a man suffering from multiple stab wounds.

He was taken to hospital in critical condition but was later upgraded to stable condition. Another man was arrested at the scene.

Police said the pair, who live

together, got into a fight when the victim brought a couple of friends home to socialize. When two women tried to stop the fight, the accused physically assaulted them as well, said police.

The man then armed himself with a weapon, police allege, and stabbed the victim.

Ronald Edward Murphy, 55, has been charged with attempted murder, carrying a concealed weapon and two counts of assault. **METRO**

Reaction on Twitter

@AmandaCashin • • • • •
All the complaining about the weather on Twitter has gotten to me, thankfully @NS_museum changed things up with #foundbunny. Love it!

@samshell99 • • • • •
This added so much joy to my day! I agree that this should inspire a great children's book!

@jillemaker • • • • •
#FoundBunny on the @NS_Museum feed is the best thing to happen to the month of March

@cjwilliams9 • • • • •
@sladurantaye @NS_Museum I'm hooked!! Invested in the tale of #foundbunny and looking forward to a happy reunion during #Museum-Week!

@sladurantaye • • • • •
#FoundBunny is the best thing about #museumweek so far, I think. And it's from @ns_museum.

@krisp131 • • • • •
The quality of this chilly Monday has been vastly improved by the #museumweek adventures of #foundbunny. Thanks, @NS_Museum!

@TwitterCanada • • • • •
How a little stuffed bunny from Nova Scotia stole the show on first day of #museumweek.

Museum puts bounce in its buzz with #foundbunny

Pop culture. Stuffed animal becomes the latest Internet phenom with cute pics of it 'touring' the exhibits

MADISON BLANCHARD
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You could call this a fluffy story and you wouldn't be wrong.

A stuffed bunny found at the Museum of Natural History in Halifax over the weekend has become an instant Twitter star.

The brown plush toy was handed into the lost and found over the weekend after March break had ended.

Museum staff began posting funny pictures of the rabbit in hopes of finding its owner.

However, as it's National Museum Week, staff were inspired to use the bunny in the first challenge of the week — which was an inside tour of the museum.

They used the bunny to take the tour, posing it in front of a computer updating the website, sitting by a blowfish and "do-



A toy bunny, found at the Maritime Museum of Natural History, looks at one of the exhibits, Monday. Pictures posted on Twitter of the stuffed animal touring the facility became a bit of an Internet sensation. A full-time job is out of the question, though. The museum is focusing on finding its owner. JEFF HARPER/METRO

ing" paleontology — all the while posting photos on Twitter with the hashtag #foundbunny.

"It just went wild from there," said Jeff Gray, the museum's curator of mar-

keting and communications. Gray said it was a fun way to engage with the public, especially during National Museum Week, and the feedback so far has been great.

But even though the attention was good, he said there were no plans to use the bunny for the rest of the week.

The museum's priority is to get the toy back to its

owners, and said it will be kept safe until then.

"We're happy to have custody of him for now at the museum," he said.

"We just hope this little guy gets back home."



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Study sees dramatic fall in number of immigrants who become citizens

The percentage of immigrants who become citizens has been dropping dramatically in recent years — from 79 per cent to 26 per cent among people who arrived between 2000 and 2008.

Sounding the alarm is former citizenship director general Andrew Griffith, who suggests that recent reforms which raised barriers to becoming a citizen could lead to immigrants' widespread disengagement from Canadian public life and identity.

His analysis of the impact of the Conservatives' reforms shows that the new version of the citizenship test has adversely affected applicants from visible minorities more than those with European roots.

"In the past, citizenship was viewed as a stepping stone to immigrant integration, and it should be done earlier on," said Griffith, who will present his study, Multiculturalism in Canada, at a three-day national immigration and settlement conference in Vancouver that starts Thursday.

"These changes have made it harder and prohibitive for some to acquire citizenship, turning Canada into a country where an increasing percentage of immigrants are likely to remain non-citizens, without the ability to engage in the Canadian political process."

Citizens are protected by the Charter of Rights and Freedoms, can vote in elections and are entitled to Canadian passports. Not only do permanent residents not have those privileges, they are also vulnerable to revocation of their status and removals from Canada.

Based on latest government data, Griffith found that the ratio of permanent residents who eventually become citizens has been in decline since 2000 and has dropped most

Quoted

"We need to make sure those who apply for citizenship take it seriously, but we don't want to inadvertently create excessive barriers and shift the relationship of some of the communities with the country." Andrew Griffith

rapidly in recent years.

Only 26 per cent of permanent residents who settled in Canada in 2008 have acquired Canadian citizenship, compared with 44 per cent for the wave of immigrants settling in 2007, and 79 per cent of those who arrived in 2000.

The permanent-resident-to-citizen conversion rate generally rises the longer immigrants have been in Canada. But an 18 per cent decrease between the 2008 and 2007 cohorts is alarming, Griffith said.

"I understand the rationale behind these government changes," said Griffith, who worked for the government as the reforms were developed and rolled out. "But I'm on the side of inclusion rather than exclusion."

Griffith said the data was selected to reflect the fact that it takes immigrants an average of six years to acquire Canadian citizenship. The 2008 cohort best indicates the early impact of reforms implemented by the Conservative government.

Since 2010, those reforms have included a new citizenship test and institution of a higher score needed to pass it: 75 per cent (or 15 out of 20 multiple-choice questions) from 60 per cent. The test measures applicants' knowledge of Canadian history, culture and values.

TORSTAR NEWS SERVICE

ISIL

Motion on Iraq mission coming Tuesday

The federal government's motion to expand and extend Canada's war against the Islamic State of Iraq and the Levant (ISIL) will be introduced Tuesday. Multiple officials, speaking on condition of anonymity, say Prime Minister Stephen Harper will introduce the motion in the House of Commons at 10 a.m. ET.

THE CANADIAN PRESS

House of Commons

Woman bears breasts to protest anti-terror bill

The words "C-51: state terrorism" were scrawled on a woman's breasts when she whipped off her top in the Commons on Monday, resulting in her being ejected from the public gallery. The group FEMEN Quebec claimed responsibility, saying the act was meant to highlight its opposition to the proposed anti-terror bill.

THE CANADIAN PRESS



This sweater brings an important message

Jeremy Dias, founder of the Canadian Centre for Gender and Sexual Diversity, wears the Gay Sweater, a garment made from the hair of hundreds of gay people. The sweater was designed to signify the idea that to insult an object by calling it "gay" is to insult real people. The donated hair was spun into yarn and knitted by two Toronto women. The sweater is making its debut at Toronto Fashion week. For more info, go to Thegaysweater.ccgscd-ccdg.org.

LIZ REDDALL/METRO IN TORONTO

Report warns of threats to Canada's fresh water

Blue Betrayal. Ottawa accused of turning its back on water resources

Canada is taking its vast freshwater resources for granted, wrecking them in the process, says a scathing new report.

Titled Blue Betrayal, the report warns climate change, industrial farming, melting glaciers, oil, gas and mineral extraction, and dumping of waste (sometimes toxic) into waterways all threaten our diminishing water supplies.

The report, authored by Maude Barlow, of the Council of Canadians, a non-governmental organization, accuses

Ottawa of turning its back on water resources to advance energy industry interests.

"On both sides of the border, we continue to see the Great Lakes as a dumping ground for our toxic waste, and, more recently, as a carbon corridor to transport tar sands bitumen, fracked gas and fracking wastewater," Barlow said on Monday, calling those the "most dangerous energy sources on Earth."

A big chunk of the report talks about steps Ottawa has taken that have made freshwater resources more vulnerable, such as targeting scientific institutes and projects that did important work.

Included in that list is the plan to dismantle the Experimental Lakes Area (ELA), the

world's leading freshwater research institute.

The facility has been saved temporarily by the Ontario and Manitoba governments.

The report accuses past Liberal and Conservative governments of allowing Canada's lakes, rivers and groundwater to deteriorate.

Environment Canada did not respond to a request for comment.

It doesn't paint a healthy picture of the Great Lakes, a source of livelihood for more than 40 million people in Canada and the U.S.

It says there are at least 204 pollutants in the Great Lakes, including plastic in various forms. Great Lakes fish are loaded with contaminants like mer-

cury, dioxins and lead, it adds.

Mark Mattson, of Lake Ontario Waterkeeper, says Toledo's drinking water advisory last summer was a wakeup call that "we can't take the Great Lakes for granted."

Mark Mattson of Lake Ontario Waterkeeper says Toledo's drinking water advisory last summer was a wake-up call that "we can't take the Great Lakes for granted."

Toledo's nearly 500,000 residents were told not to use water for drinking, cooking or bathing in August 2014 after tests at a treatment plant showed dangerous toxin levels due to a toxic algae bloom in Lake Erie, from which the city draws its drinking water.

TORSTAR NEWS SERVICE

Suspended senator's trial sees photos of injury



The first day of the sexual-assault trial of suspended senator Patrick Brazeau centred on crime-scene photos that showed bruises on the female alleged victim and broken railings in his Gatineau home.

Brazeau is on trial for charges of sexual assault and assault stemming from a Feb. 7, 2013 incident involving a 40-year-old

woman. Her identity is protected by a publication ban. The packed courtroom heard Brazeau pushed her with his two hands outside the bedroom and then again with his feet in the staircase of the home.

Some of the more than 90 photos entered as evidence at the trial showed bruises on the woman's arms and legs as well as scratches on her back. Others showed broken railings in the staircase and marks on the walls.

Speaking through an interpreter, the complainant testified the altercation continued at the bottom of the stairs.

According to her testimony, Brazeau lowered her pants, attempted to penetrate her digitally with his right hand, and called her a derogatory term for a woman. As she stood at the witness stand, Brazeau stared at her throughout her testimony, including when she held up a purple shirt that had a large, ripped hold on the back. She

testified he ripped it during the assault. Brazeau pleaded not guilty to the charges at a bail hearing in March.

Earlier Monday, the court heard on the night before the alleged attack he had come home from work and mentioned the "news" about the Senate expense scandal. He sipped a martini and a cocktail but was in "a good state" that night, the complainant testified.

The trial continues Tuesday.

Phoenix

Judge dismisses murder charge against woman

An Arizona woman who spent more than two decades on death row for her four-year-old son's killing saw her murder charge dismissed Monday, ending a controversial case that relied almost entirely on the work of a detective with

a long history of misconduct. Debra Milke hugged her supporters and sobbed as she left the courtroom, where a judge formally dismissed the case, saying it cannot be tried again. The decision came less than a week after prosecutors lost their final appeal. In a brief hearing, Judge Rosa Mroz also allowed Milke, who has been free on bond since 2013, to have her electronic-monitoring ankle bracelet removed. **THE ASSOCIATED PRESS**

Philippines

Trial of U.S. Marine begins

A Philippine court on Wednesday began the trial of a U.S. Marine charged with murdering a transgender Filipino after allegedly discovering her birth gender when they checked into a hotel, in an emotional case that has tested the two countries' military ties. U.S. security escorts

brought Marine Pte. First Class Joseph Scott Pemberton into a heavily secured courtroom in Olongapo city, northwest of Manila, for the trial after an earlier plea-bargain negotiation with the family of the victim, Jennifer Laude, reportedly collapsed, lawyers for Laude's family said.

Pemberton is charged with murder, which carries a maximum penalty of life in prison.

THE ASSOCIATED PRESS

Afghanistan

Protesters demand justice for woman killed by mob

Hundreds marched Monday in the Afghan capital, demanding justice for a woman beaten to death last week by a Kabul mob over false allegations she had burned a Qur'an — a vicious killing that shocked many Afghans and

renewed calls for authorities to ensure women's rights to equality and protection from violence.

The killing has also drawn condemnation from Afghanistan's President Ashraf Ghani, now in Washington on his first state visit to the United States since taking office in September, who denounced it as a "heinous attack" and ordered an investigation.

THE ASSOCIATED PRESS

Cruz joins 2016 U.S. presidential race

Politics. Platform includes securing borders, abolishing IRS

Sen. Ted Cruz opened the first major campaign of the 2016 U.S. presidential season Monday with a kickoff speech courting cultural conservatives and declaring that he will devote himself to "reigniting the promise of America."

One of several Republican hopefuls to rise from the Tea Party movement, Cruz spoke at Liberty University, the college founded by the late Rev. Jerry Falwell, hours after a wee-hours tweet announcing his White House bid. The choice of the college founded by the late Rev. Jerry Falwell was meant as marker against potential rivals who are also counting on Christian conservatives to fuel their candidacies.

Cruz addressed his religious faith, his father's Cuban roots and his unquestioned conservative credentials, saying "for so many Americans the promise of America seems more and more distant."

And he asked the enthusiastic crowd to "imagine a president that finally, finally, finally secures the borders."

"Imagine a simple flat tax,"

he said. "Imagine abolishing the IRS."

He spoke on the fifth anniversary of President Barack Obama's health-care law — legislation that prompted Cruz to stand for more than 21 hours in the Senate to denounce it in a marathon speech that delighted his Tea Party constituency and other foes of the law. Cheers rose in the hall when Cruz reminded the crowd Monday that Liberty University filed a suit against the law right after its enactment.

"God's blessing has been on America from the very beginning of this nation and I believe that God isn't done with Americans," Cruz said. "I believe in you. I believe in the power of millions of courageous conservatives rising up to reignite the promise of America. And that is that is why, today, I am announcing that I am running for president of the United States of America."

Cruz, a divisive figure in his own party, is not expected to be the sole GOP contender for long. Former Florida Gov. Jeb Bush, Wisconsin Gov. Scott Walker and two Senate colleagues, Kentucky's Rand Paul and Florida's Marco Rubio, are eyeing campaign launches soon.



Sen. Ted Cruz, R-Texas, his wife Heidi, and their two daughters Catherine, 4, left, and Caroline, 6, right, wave on stage after he announced his campaign for president, Monday. **ANDREW HARNIK/METRO**

For his announcement, Cruz bypassed Texas, which he represents in the Senate, as well as early nominating states such as New Hampshire, where Mitt Romney kicked off his own campaign for the GOP nomination in 2012, and Iowa.

By getting in early — and at

Liberty — Cruz was hoping to claim ownership of the influential and highly vocal corner of the Republican Party for whom cultural issues are supreme. It was a move at crowding out figures such as former Arkansas Gov. Mike Huckabee, a former Baptist pastor, and

former Sen. Rick Santorum, who has made his Catholic faith a cornerstone of his political identity.

Cruz's father, a pastor, is also expected to help the 44-year-old first-term senator make inroads with these voters. **THE ASSOCIATED PRESS**

Status

Is he American enough?

Ted Cruz's announcement that he's running for president has renewed questions about his Calgary birthplace and whether the Texas senator's Canadian roots leave him ineligible to make a bid for the Oval Office.

They don't, American constitutional scholars say, because Cruz's mother was a U.S. citizen when he was born. His Cuban father became a citizen in 2005.

The fact that Cruz's mother is Delaware-born satisfies the U.S. constitution's requirement that a president must be a "natural-born U.S. citizen," experts agree.

Last spring, Cruz — dubbed "Canadian Ted" by some of his political foes in Texas — formally gave up his Canadian citizenship.

Police ice probe of alleged gang rape, detailed in magazine

A five-month police investigation into an alleged gang rape at the University of Virginia, described in graphic detail in a Rolling Stone article, produced no evidence of the attack and was stymied by the accuser's unwillingness to co-operate, authorities said Monday.

The article, titled "A rape on campus," traced the story from a student identified only as Jackie, who said she was raped at a Phi Kappa Psi fraternity house on Sept. 28, 2012. It also described a hidden cul-

ture of sexual violence fueled by binge drinking at the college. Police said they found no evidence of that, either.

There were numerous discrepancies between the article and what they found, said Charlottesville Police Chief Timothy Longo, who was careful not to characterize Jackie's account as a false allegation.

The case is suspended, not closed, and the fact that investigators could not find evidence years later "doesn't mean that something terrible didn't happen to Jackie," Lon-

go said.

He appealed for anyone with information about the case or any sexual assault to come forward, and he even said Jackie may one day be in a place where she would be comfortable explaining what happened.

"There's a difference between a false allegation and something that happened that may have been different than what was described in that article," Longo said.

Asked if Jackie would be charged with making a false

report, he said: "Absolutely not."

Accurate or not, the article heightened scrutiny of sexual assaults on college campuses. Even before it was published, the U.S. Education Department revealed a list of 55 colleges, including the University of Virginia, under investigation for the way they handled sexual assault allegations. President Barack Obama's administration launched a campaign to end campus sex assaults.

Longo said Jackie first de-

scribed a sexual assault when she met with a dean in May 2013 about an academic issue, but "the sexual act was not consistent with what was described" in the Rolling Stone article. The dean brought in police, but Jackie didn't want them to investigate and the case was dropped.

After the article was printed in November, she met with police, this time with an attorney, and again refused to talk. Discrepancies in the article were soon found by news organizations. **THE ASSOCIATED PRESS**

Review

Rolling Stone printed an apology and asked the dean of the Columbia University Graduate School of Journalism to conduct a review of the article, by Sabrina Rubin Erdely, and its editorial process. The magazine is expected to publish those findings in a couple of weeks.

Female execs bring bigger profits: Study

Leadership. Many firms slow to make workplaces more women-friendly

Evidence is growing that it pays for a company to have equal numbers of male and female managers.

A study last year found units at multinational catering company Sodexo that had equal numbers of men and women in management roles delivered greater profits more consistently than those dominated by men.

Companies are trying to increase the number of women in executive positions, yet many are struggling to do so because of a failure to adapt workplace conditions in a way that ensures qualified women do not drop off the corporate ladder, surveys show.

In a survey last year of 366 companies, consultancy McK-

Women on boards

France, Norway, Spain and Germany have sought to mandate progress by imposing quotas for women on company boards.

- Norway had the highest percentage of women on boards — 35 per cent — among 20 countries.

insey & Co. found that those whose leadership roles were most balanced between men and women were more likely to report financial returns above their industry median.

Companies with more balanced leadership do a better job recruiting and retaining talented workers, reducing the costs associated with replacing top executives, McKinsey found. They also have stronger customer relations because management better reflects the diversity of society,

and they tend to make better business decisions because a wider array of viewpoints is considered.

While most big companies now have programs to increase gender diversity, many executives express frustration that these programs aren't working. McKinsey found that 63 per cent of the employers it surveyed had at least 20 initiatives to address gender equity, but women held less than a quarter of the top jobs in 92 per cent of the companies.

A woman's prospects for promotion fall off at every step of the career ladder, according to a separate survey of 130 large companies conducted by McKinsey in 2012. While women made up 37 per cent of the total workforce, they comprised 22 per cent of middle managers, 14 per cent of senior managers and vice-presidents, nine per cent of executive committee members and two per cent of CEOs.

THE ASSOCIATED PRESS



Louisville Slugger sold to rival

A 36-metre-tall replica bat fronts the Louisville Slugger Museum and Factory in Louisville, Ky., on Monday. The company that made the iconic bats for a who's-who of baseball greats, including Babe Ruth and Ted Williams, is selling its Louisville Slugger brand to rival Wilson Sporting Goods Co., a division of Finnish sports-equipment maker Amer Sports Corp., for \$70 million US. Hillerich & Bradsby Co. has made the bats for more than 130 years. TIMOTHY D. EASLEY/THE ASSOCIATED PRESS

Pipelines

Groups challenge approval process

A coalition of environmental advocates in B.C. is taking the National Energy Board to Canada's highest court in a challenge of the pipeline approval process, arguing restrictive rules unfairly limit public participation in the pipeline debate. The group contends the process impedes charter rights. THE CANADIAN PRESS

Market Minute

DOLLAR
80.01¢ (+ 0.51¢)

TSX
14,957.21 (+ 14.80)

OIL
\$47.45 US (+ 88¢)

GOLD
\$1,187.70 US (+\$3.10)

Natural gas: \$2.733 (- 5.3¢)
Dow Jones: 18,116.04 (- 11.61)

Cod-stock recovery still years away, say researchers

Scientists tracking northern cod stocks off Newfoundland say there are hopeful signs of recovery but that any lifting of an almost 23-year-old commercial fishing moratorium is likely a decade away.

"In the past half a dozen years or so, we've seen a remarkable change," said George Rose, director of the Centre for Fisheries Ecosystems Research at Memorial University's Marine Institute in St. John's. There are more fish and they're larger and older, he said.

Quoted

"The fish are in much better condition, and now we are sort of poised ... for the next big step ..."

George Rose, director of the Centre for Fisheries Ecosystems Research at Memorial University's Marine Institute in St. John's.

The northern cod moratorium, which threw thousands of people out of work after it was announced July 2, 1992, was initially intended to last two years. Rose was among the scientists who predicted it would take much longer

for stocks to rebound from a complex blend of overfishing, mismanagement and environmental factors.

"I prefer to look at the whole ecosystem and not just one species," Rose said.

"We're probably a decade or so ... away from anything that would be a recovery."

Warming water trends could ultimately help cod and caplin, a vital food source on which cod depend and which also collapsed in the 1980s, he added.

"As the caplin go, the cod will go."

The role of growing seal populations is another hotly debated topic around fish-stock recovery off the north-east coast of Newfoundland.

"Harp seals have been in-

creasing tremendously over the last couple of decades," said Jeffrey Hutchings, a biologist at Dalhousie University in Halifax.

"There is an imbalance, if you will, between predator and prey, and it would not be surprising if the seals were having some impact on the recovery of cod. But the data really is not very clear in that regard."

What, if anything, should be done about seal populations is "a political decision," Hutchings said. But like Rose,

he stressed that severely depleted fish stocks don't just bounce back, even after overfishing stops.

In an emailed statement, Federal Fisheries Minister Gail Shea said independent science supports a link between grey seals and the lack of cod recovery in the Southern Gulf of St. Lawrence.

When asked about a possible seal cull, Shea said it's "a complicated issue" that needs more input from researchers, governments and industry.

THE CANADIAN PRESS



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VOICES

WE HAVE A WINNER

In the battle between Waverley and Marion for infrastructure money from the feds, the choice for underpass champ is obvious



**YOUR
RIDE**
Colin Fast

City council meets behind closed doors today to sort out which projects should be the top contenders for federal infrastructure funding.

If last week is any indication, this could come down to a battle between competing underpasses on Waverley Street and Marion Street.

St. Boniface councillor Matt "The Ragin' Rookie" Allard raised a ruckus after he realized the 2015 city budget does not include funding to advance a massive road project along Marion.

The money was in last year's budget but has been moved to a new fund that will pay the city's share of a major new, unspecified infrastructure project.

Allard correctly pointed out it was a political decision to reallocate money from Marion Street. However, he neglected to mention it was a political decision — motivated by his predecessor, Dan "The St. Boniface Brawler" Vandal — that got it there in the first place.

Regardless, Allard is primed for a scrap and organized several delegations to appear before city council yesterday to argue for the Marion project.

In the opposite corner is River Heights-West Fort Garry councillor John "Oh No!" Orlikow, who claimed Marion Street is nowhere near ready



Which underpass will win? Matt Allard wants one here, at Marion and Archibald, but John Orlikow says Waverley should get it. GOOGLE MAPS

to go. Orlikow recently reignited his campaign to get an underpass built on Waverley but said council should ultimately judge which project is more worthy.

So which one should win? Let's go

to the tale of the tape.

Marion at Archibald serves about 30,000 vehicles, which are slowed by four to eight train crossings per day. Traffic is further complicated because the road dead-ends at Lagi-

moiere. The preferred solution to smoother traffic flows appears to be a combination of realigning Marion to connect with Dugald Street, building an underpass below the rail line and erecting a flyover at Archibald.

**DO YOU HAVE A TRANSIT
IDEA?** Shoot us an email:
winnipeg@metronews.ca

This massive project could cost anywhere from \$250 million to \$350 million.

Meanwhile, Waverley near Taylor also handles about 30,000 vehicles per day, but that traffic is blocked 35 to 40 times per day by trains. And with the rapid development of Waverley West and the nearby retail hubs along Kenaston, traffic volume in the entire area is skyrocketing. Building a straight underpass would take \$130 million to \$160 million, but CN would cover a portion of that cost.

So while street improvements are needed in the Marion area — the road realignment alone seems like a good interim measure — building an underpass at Waverley will clearly benefit more people at a lower cost and be funded by more partners.

Ladies and gentlemen of city council, we have a winner by what should be a unanimous decision.

Colin Fast is a communications specialist and freelance journalist in Winnipeg. Out of guilt, he avoided looking directly at his unused bike while writing this column. Find him @policyfrog on Twitter.

Canada's continued mission in Iraq a tragedy of errors



**STEPHEN
KIMBER**
readers@metronews.ca

This week, the Harper government will extend and expand our supposedly no-boots-on-the-ground, six-month military mission in Iraq.

The purpose, according to Foreign Affairs Minister Rob Nicholson, is to "degrade and destabilize this gang of thugs (ISIL), and in doing so, strip (it) of its power to threaten the security of the region or to launch terrorist operations in Canada."

The reality is this soon-to-be open-ended, bottomless money pit of a misguided mission will achieve none of Nicholson's objectives and may actually make us more vulnerable to terrorist at-

tack in the future.

ISIL is the logical result of cascading, colliding, ill-advised and illogical western military misadventures in a volatile region full of deep-seated historic, religious, ideological, sectarian conflicts we can barely identify let alone wrap our minds around.

ISIL not the only bad guys

If we take on ISIL in Syria, are we propping up a reprehensible regime responsible for the deaths of at least 60,000 civilians in the last three years?

This latest mess-of-our-own-making began with George W. Bush's invasion of Iraq in 2003.

Canada wisely dodged that bullet.

As Opposition leader then, Stephen Harper had argued for putting our troops in harm's way in Iraq.

As prime minister, he volunteered us last fall for Iraq II.

And now he's keen for us to push into the front lines of those chasing ISIL from Iraq into Syria.

Syria? Wait a minute: isn't Syria in the midst of a civil war?

Isn't Syrian President Bashar al-Assad also fighting the Islamic State of Iraq and the Levant?

We claim we need to fight ISIL in Syria because the U.S.-led coalition has been so successful in driving them out of Iraq.

How's that working out?

Well, let's see. Iran, another non-ally (see nuclear threat) that supports al-Assad, is also fighting ISIL in Iraq ... when it isn't fomenting sectarian violence between Iraqi-backed Shia and ISIL-encouraged Sunni militias.

Not that either side requires encouragement. They've been warring since 632 over who should succeed the Prophet Muhammad.

Confused?

So is Rob Nicholson, whose dismissal of ISIL as simply "a gang of thugs" betrays his ignorance of its complex historical, religious and ideological roots.

Instead of adding our inevitably inconsequential military might to an unwinnable conflict, Canada could make a real contribution by focusing instead on helping these wars' refugees and understanding why so many young western-raised Muslims, including Canadians, offer themselves as drone fodder for ISIL. And finding constructive ways to discourage them.

Unfortunately, those actions aren't "warrior" enough for the Harper government.

So we are doomed to continue this tragedy of terrors.

Stephen Kimber is a professor of journalism at the University of King's College in Halifax, as well as an award-winning writer, editor and broadcaster.



Gossip

NED EHRBAR

METRO'S TAKE
ON THE WORLD
OF CELEBRITIES

The late Paul Walker, left, and Vin Diesel in 2013. ALL PHOTOS: GETTY IMAGES

Vin Diesel names his daughter after Paul Walker

Vin Diesel's fraternal affection for his late *The Fast and the Furious* co-star Paul Walker is apparently very deep and very authentic.

Case in point? Diesel's newborn daughter.

"I named her Pauline," he revealed on the *Today* show.

"There's no other person that I'm thinking about as I'm cutting this umbilical cord. I knew he was there and I felt, like, you know, a way to keep his memory a part of my memory, a part of my world."

The announcement also came with a surprising

personal vote of confidence for *Today* show anchor Natalie Morales: "I'm telling you this because I love you," Diesel said.

"I know that you are a good soul, and I know that this is in good hands."

So, um, good job, Ms. Morales?

James Corden got Mila Kunis to admit she's married ... maybe

James Corden is off to a good start as the newest late-night talk show host on the block, as during his very first guest segment he managed to kinda sorta confirm that Mila Kunis and Ashton Kutcher are indeed already married. During Corden's premiere interview with Kunis — pre-taped ahead of its Monday airing, according to the *Daily Mail* — the British host continually prods the actress about whether she and Kutcher have already tied

the knot, only to be met with a repeated response of, "Maybe."

But he's not having it. "Either you're married, or you're not," he says before demanding she show off her left ring finger, which sports a golden wedding band. "They are married, look," the host declares. So now you know.



Taylor Swift

Taylor Swift crushes the dreams of would-be porn peddlers

Taylor Swift is all about insurance these days, and not just when it comes to her \$40-million legs. The savvy pop star reportedly purchased a number of adult-themed domain names before they became available to the public as a means to thwart porn peddlers from cashing in on her fame.

So if you had your heart set on registering domains like *TaylorSwift.porn* or *TaylorSwift.adult*, then it sucks to be you. I mean, for multiple reasons, but right now let's just focus on the fact that your hopes for a Swift-themed adult entertainment empire have been dashed.

Afghan 'Bruce Lee' has high Hollywood hopes

Interview. Kabul's local star bears striking resemblance to martial arts master

Framed by the dramatic backdrop of Kabul's ruined Darulaman palace, Abbas Alizada throws kung fu punches, kicks and spins, watched by an eager young crowd.

Dressed in a white vest, black trousers and light shoes despite the bitter Afghan

winter, Alizada bears a striking resemblance to his idol — legendary martial arts movie star Bruce Lee.

He is a member of Afghanistan's Hazara community, an ethnic group with distinctively Central Asian features that add to his resemblance to Hong Kong star Lee.

With more than 50,000 followers on Twitter and 40,000 likes on Facebook, Alizada has become quite a celebrity in Afghanistan, known locally as Bruce Hazara.

He has become a familiar

face on local media and now is dreaming of Hollywood.

"When I was eight years old I saw the Bruce Lee movies, and I was hooked," he said. "I said I will be the Bruce Lee of Afghanistan one day."

Alizada is the youngest of 10 children. One of his brothers, 25-year-old Ahmad Zia, works as his manager, coach and secretary.

Alizada's biggest ambition is to complete *The Game of Death*, the film Lee left unfinished when he died in 1973. **AFP**

Abbas Alizada says he hopes he can finish *The Game of Death*, the movie Lee left unfinished when he died in 1973. **AFP FILE**



Abbas Alizada, who calls himself the Afghan Bruce Lee, twirls his nunchuks at the ruined Darulaman palace in Kabul. SHAH MARAJ/AFP/GETTY IMAGES

Afghan 'Bruce Lee' dreams of Hollywood

Kabul. Amid the ruins of war, a young martial artist walks the path of his famous idol

Framed by the dramatic backdrop of Kabul's ruined Darulaman palace, Abbas Alizada throws kung fu punches, kicks and spins, watched by an eager young crowd.

Dressed in a white vest, black trousers and light shoes despite the bitter Afghan winter, Alizada bears a striking resemblance to his idol — legendary martial arts movie star Bruce Lee.

Alizada twirls his nunchuks in front of the shell-blasted walls of the former royal palace, an evocative monument to the 35 years of war that have ravaged Afghanistan.

Then he leaves the enclosure, smiling, sunglasses on his nose, his fans can finally meet

him, shake his hand — and take selfies with him.

He is a member of Afghanistan's Hazara community, an ethnic group with distinctively Central Asian features that add to his resemblance to Hong Kong star Lee.

With more than 50,000 followers on Twitter and 40,000 likes on Facebook, Alizada has become quite a celebrity in Afghanistan, known locally as "Bruce Hazara."

He has become a familiar face on local media and now he is dreaming of Hollywood stardom.

"When I was eight years old, I saw the Bruce Lee movies, and I was hooked," he told AFP in his brother's office in Kabul, sitting round a traditional *sandali* stove for warmth.

"I said I will be the Bruce Lee of Afghanistan one day. I know I cannot be Bruce Lee, but I follow in his path," he said. **AFP**

Pop stars warm up to Chilly's classic style and modern image

Music. Drake collaborator Chilly Gonzales explains why people fear classical music, and why it's time they got over it

It was a childhood visit to an art gallery, chaperoned by his father, that first ignited Chilly Gonzales's passion for rendering esoteric pieces more accessible.

It wasn't really the art that inspired the Canadian-reared pianist (born Jason Beck), but how his dad struggled to appreciate it.

"He couldn't decide if he liked the painting until he read the title and the paragraph that tells you something about it," said Beck during a phone interview from Germany.

"I was touched by the fact that my dad needed that story to guide him through. I think those people also deserve to enjoy creative things.

"That's why I've always done a lot of context-building."

In fact, it's become a mission for the acclaimed 43-year-old musician, who has collaborated with Drake, Leslie Feist and Daft Punk (which merited Gonzales a Grammy Award for album of the year).

Last year he released *Re-Introduction Etudes*, a book of 24 easy-to-master piano pieces designed to inspire lapsed players. And in a YouTube series called *Pop Music Masterclass* he's been cheerfully dissecting hits includ-



Toronto-raised Chilly Gonzales has been on a mission to make classical music more accessible. He has collaborated with Drake, Leslie Feist and Daft Punk. ALEXANDRE ISARD/THE CANADIAN PRESS

ing *ILoveMakonnen's* Tuesday.

On Tuesday, Gonzales releases the solo album *Chambers*, which uses piano and strings to sketch links between Romantic-era chamber music and modern pop.

CP: Why is it that people are daunted by classical music?

There's something about instrumental music ... it must be some childhood reaction to the fact that

we were told this was high art. It's the reason we're all nervous when we go to a concert hall. It's a feeling of too much respect. We can't take it on its own terms.

CP: Writing about your song *The Difference*, you mused that most musicians are "frauds, others merely mediocre, and a scant few worthy of listening." How do you define that worthiness?

It's anyone who creates their

own lane.

I might think an artist is a fraud, but it doesn't mean someone shouldn't like them. It just means that when someone hides behind something that came before them that worked, at the expense of bringing something more original to the game, then I feel like they're a fraud (as) if they didn't quite have the strength to resist temptation.

The bigger risk and the bigger gamble is always to take the harder road, be yourself as much as possible. I just know this from my own experience.

CP: What was that process like, of shaping your career?

I went through moments where I tried to shave off the rough edges, all though my 20s.

It wasn't working.

Eventually I moved to Berlin and decided I would approach my career the way a rapper would.

I took the name Chilly Gonzales for that reason. It was audibly a fake name and I was going to ... have somewhat of a cartoonish persona, and at the same time try to put a lot of musical depth into what I do.

That was the gamble I took because I wanted to create my own lane.

The artists I respect the most created their own lane. Whether it's Daft Punk or Drake or Leslie Feist, they really did carve something out. And the proof is many people try to imitate them, and very few are able to succeed.

THE CANADIAN PRESS

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Breastfeeding is good for the brain

Well-being. Effects of being breastfed continue into adulthood, boosting intelligence, education and earnings, regardless of socio-economic status, research paper shows

People breastfed as infants have higher intelligence scores in adulthood, and higher earnings, according to a study published last week that tracked the development of 3,500 newborns over 30 years.

And, critically, the socio-economic status of mothers appeared to have little impact on breastfeeding results, according to a paper published by The Lancet medical journal.

"The effect of breastfeeding on brain development and child intelligence is well established," lead author Bernardo Lessa Horta of the Federal University of Pelotas in Brazil said in a statement.

What has been less clear, is whether the effects persist into adulthood, and whether a mother's socio-economic status or education level played a bigger role in the outcome of previous studies than her choice to breastfeed or not.

"Our study provides the first evidence that prolonged breastfeeding not only increases intelligence until at least the age of 30 years but also has an impact both at an individual and societal level by improving educational attainment and earning ability," said Horta.

"What is unique about this study is the fact that, in the population we studied, breastfeeding was not more common among highly educated, high-



The longer a baby is breastfed, the greater the long-term benefits. ISTOCK

How much smarter?

4 IQ points

An individual breastfed for at least a year as a baby gained a full four IQ points, had 0.9 years more schooling, and an income of \$104 higher per month at the age of 30, compared to those breastfed for less than one month, the study found.

income women, but was evenly distributed by social class."

Horta and a team analysed data from another study of children born in Pelotas in 1982.

Information on breastfeeding was compared to IQ test results at the average age of 30 years, as well as the educational achievement and income of 3,493 participants.

"The researchers divided these subjects into five groups based on the length of time they were breastfed as infants, controlling for 10 social and biological variables that might contribute to the IQ increase

including family income at birth, parental schooling, genomic ancestry, maternal smoking during pregnancy, maternal age, birth weight, and delivery type," said the statement.

"While the study showed increased adult intelligence, longer schooling, and higher adult earnings at all duration levels of breastfeeding, the longer a child was breastfed for (up to 12 months), the greater the magnitude of the benefits."

AFF

Smart move

Fatty acids in breast milk are good for the growing mind

An individual breastfed for at least a year as a baby gained a full four IQ points, had 0.9 years more schooling, and an income of \$104 higher per month at the age of 30, compared to those breastfed for less than one month, the study published in The Lancet medical journal found.

"The likely mechanism underlying the beneficial effects of breast milk on intelligence is the presence of long-chain saturated fatty acids (DHAs) found in breast milk, which are essential for brain development," said Horta.

"Our finding that predominant breastfeeding is positively related to IQ in adulthood also suggests that the amount of milk consumed plays a role."

In a comment also carried by The Lancet, Erik Mortensen of the University of Copenhagen said the findings had important public health implications.

"However, these findings need to be corroborated by future studies designed to focus on long-term effects and important life outcomes associated with breastfeeding."

AFF

Honey helps out in sticky beauty situations

Natural products. The golden elixir of bees can be used on skin and hair

MARIANNE HAYES
Metro in NYC

If you've got some local honey in your kitchen pantry, you've actually got a DIY beauty spa right at your fingertips.

Try these three simple, natural beauty products you can whip together with honey.

Gentle face wash

When it comes to skin care, honey is an incredible ingredient. It's also what's known as a humectant, which is a fancy way of saying that it attracts and retains moisture. Washing your face with honey is an age-old practice that leaves skin feeling divinely smooth.

DIY facial scrub

If your skin requires a little more action, an exfoliating scrub might just do the trick. The ladies over at No More Dirty Looks (an awesome natural beauty site) can't get enough of honey cleansers in general. They take it a step further with

a homemade facial scrub.

"Another thing we like to do with honey is mix about a tablespoon with a pinch of baking soda and a few drops of water," says Siobhan O'Connor, the site's co-founder. "This is great as a DIY scrub."

Heavenly hair moisturizer

Honey doesn't just work wonders on skin — it also works as an amazing treatment for dry hair. The Everyday Roots blog is well-versed on the subject, suggesting a variety of homemade, honey-based hair products. It turns out that in addition to being a natural moisturizer, honey also nourishes hair follicles



Honey works as an amazing treatment for skin and hair. ISTOCK

and brings life back to the scalp and roots.

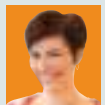
For particularly dry, over-worked hair, check out the honey and olive oil hair treat-

ment from Everyday Roots. All you need is half a cup of honey and a quarter cup of olive oil to reinvigorate damaged hair.

Create a stir with a quickie 'risotto'

Fast healthy food

Bowl 'em over with ready-to-go rice just waiting for toppings



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

With rice as the foundation, the meal mix takes mere minutes. Each one starts with an onion and garlic sautéed and some quickie protein warmed through. Serve on a bed of greens to up the veg count for the day.



Rice makes a great foundation for a fast meal. ISTOCK

Rice bowl meals

- Canned beans, nuts, basil
- Frozen shrimp, frozen peas, dill and white wine
- Scrambled egg, frozen corn, chili powder, hot sauce
- Leftover pork, barbecue sauce, chopped green onions
- Leftover chicken, soy sauce mixed with honey, shredded spinach
- Canned salmon, butter, evaporated milk, pinch of nutmeg, chopped celery
- Feta cheese, chopped tomatoes, Greek salad dressing, oregano.

The healthy trick is to watch the ratio of rice to protein. One cup of whole-grain rice plus one half cup of protein plus one cup of vegetables is the ideal mixture.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

TOTAL TIME ABOUT 5 MINUTES



This recipe serves four. THERESA ALBERT

Quick and easy. You can have this Italian 'risotto' rice bowl on the table in mere minutes

Directions

1. In a skillet, warm oil, sauté

onion and garlic, stir in walnuts and dried basil. Stir for 2 minutes. Add beans with liquid, cream and Parmesan cheese and warm through.

2. Top a bed of greens with a cup of cooked short grain rice. Top with creamy bean mixture and chopped tomatoes. **THERESA ALBERT**

Ingredients

- 1 teaspoon extra virgin olive oil
- 1 chopped onion
- 2 cloves garlic
- 1 cup walnuts
- 1 tbsp dried basil
- 1 can mixed beans
- 1 cup cream
- 1/2 cup grated Parmesan cheese
- Mixed greens
- 4 cups cooked rice (prepared in the rice cooker early in the day)
- 1 cup chopped grape tomatoes

Cream turns simple burger rotini into a saucy dish

Sure, we're all trying to lose those pesky 10 or 15 or whatever pounds, but that's no reason to not keep a pint of heavy cream in the refrigerator.

Truth is, a little fat like that can go a long way to turning a basic dish into one that is exceedingly comforting. Steak, for example, is dramatically improved with a cream-based pan sauce. Puréed vegetable soups taste like indulgences with just a bit of cream. And don't even get me started about what it does for mashed potatoes and baked sweet potatoes. Think of it as a seasoning or accent flavour,



This recipe serves six. THERESA ALBERT

Ingredients

- 1 pound rotini (spiral) pasta
- 1 pound lean ground beef
- 1 medium yellow onion, diced
- 2 cloves garlic, minced
- 1/4 teaspoon red pepper flakes
- 2 teaspoons soy sauce
- Two 15-ounce cans diced tomatoes
- 1/2 cup heavy cream
- 1/4 cup grated Parmesan cheese
- Salt and ground black pepper

something to tie everything together.

To make my point, here is a simple and delicious week-night-friendly pasta dinner that uses a bit of heavy cream to make the dish taste like you spent way longer on it. If you'd prefer a vegetarian version, just leave out the ground beef. And, of course, this dish is plenty versatile. Add veggies as you see fit, or substitute ground pork or chicken for the beef.

Directions

1. Bring a large pot of salted water to a boil. Add the pasta and cook according to pack-

age directions, then drain.

2. Meanwhile, in a large skillet over medium-high, combine the beef and onion and sauté, breaking up the meat with a wooden spoon. Cook until the beef is starting to brown and the onions are tender, about 8 minutes.

3. Add the garlic, red pepper flakes, soy sauce and tomatoes. Bring to a simmer and cook for 5 minutes.

4. Add the heavy cream to the meat sauce and simmer until thickened, about 2 minutes. Add the cheese, then the pasta, tossing to coat. Season with salt and pepper.

THE ASSOCIATED PRESS

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As the Jets and Flames battle for a post-season berth, key players have been lost to injuries. MARIANNE HELM/GETTY IMAGES

Bubble teams fight for playoff lives

NHL. As the regular season winds down, there are likely just two openings in the West for Jets, Flames, Kings

The defending Stanley Cup champion Los Angeles Kings, up-and-coming Winnipeg Jets and rebuilding Calgary Flames came into the season with very different expectations.

With the playoffs fast approaching, those three teams are neck-and-neck, likely competing for two spots in the Western Conference. Each has experienced adversity, but that's no consolation for the one that ends up on the outside looking in.

"There'll be 16 teams that earn it, and nobody asks after the fact if you didn't have this player, or that guy got hurt or you had this schedule," Flames general manager Brad Treliving said last week in Boca Raton, Fla. "You either earn it or you don't."

Earning it means something entirely different to the Flames, Jets and Kings.

The Flames are trying to

Quoted



"I still believe Mike's a really good player. I trust him and he trusts me. That's a big part of it."

L.A. Kings coach Darryl Sutter speaking about Mike Richards who rejoined the team Monday with Jarret Stoll out injured. With the AHL's Manchester Monarchs, Richards had three goals and 11 assists in 16

games of what he joked was a mini-vacation.

overcome losing Norris Trophy-calibre defenceman Mark Giordano to a torn biceps tendon. They've managed to stay afloat at 6-3-2 since, but Treliving insisted his team hasn't accomplished anything yet.

"I do know that our team will continue to battle, and they'll continue to compete and they're going to be in the fight," he said. "You just hope that when it all ends, we're above the line."

The Jets are above the line, although they've bobbed up and down in the past week or so. Winnipeg was riding a four-game winning streak into its game at the Edmonton Oilers on Monday night despite being without No. 1 centre Bryan Little, 18-goal scorer Mathieu Perreault and all-star Dustin Byfuglien.

"It's easy when things are

going well to roll right along, but when you get those speed bumps, you're very interested to see how guys react and how groups react," GM Kevin Cheveldayoff said last week. "It is a testament to the group of guys and it's a testament to the coaching staff that when you have adversity, it's when you maybe reveal some things that you don't know about players."

Standing his ground

.966

Going into Monday's game against the Oilers, Jets goaltender Ondrej Pavelec had a 0.98 goals-against average and .966 save percentage in four straight victories.



Hockey

Lowry named head coach of national juniors

Dave Lowry has been named head coach of Canada's team for the 2016 world junior hockey championship.

The 50-year-old will be joined on the bench by assistants Dominique Ducharme, Martin Raymond and D.J. Smith.

The head coach of the WHL's Victoria Royals for the last three years, Lowry played 1,084 games over 19 NHL seasons with the Vancouver Canucks, St. Louis Blues, Florida Panthers, San Jose Sharks and Calgary Flames.

The Ottawa native won a gold medal as an assistant coach with Canada's world junior team in January.

THE CANADIAN PRESS

Crime

Sharper owns up to sexually assaulting women

Former NFL star Darren Sharper removed all doubt Monday he drugged and raped women, taking the first of several legal steps to own up to sex assaults in four states that will send him to federal prison for nine years.

He pleaded guilty to sexual assault in Arizona and no contest in California to raping two women he knocked out with a potent sedative mixed with booze.

Sharper, 39, said he was entering the plea because it was in his best interest. He had faced up to 33 years in prison if convicted of all counts against him in California. THE ASSOCIATED PRESS

CFL

Daley anxious to return to sidelines

Jim Daley has received the green light to cut loose.

In January, Daley had to turn down an offer to return as the Toronto Argonauts' special-teams co-ordinator for personal and health reasons. Two months later, Daley has received a clean bill of health following some heart issues and although he still doesn't have a coaching position for 2015, he's anxious to return to the sidelines.

THE CANADIAN PRESS

AUGMENTED REALITY

Stuck on 12 Across?
**Scan this image with your
Metro News app for today's
crossword and Sudoku answers.**
It's OK. No one's watching.



Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Your powers of persuasion are such that you can get almost anything you desire. But don't be too pushy, especially on the work front.

♉ Taurus

April 21 - May 21

Venus in your sign means you can get almost anything you want – and if you don't believe that now you will before the day is over.

♊ Gemini

May 22 - June 21

Don't worry too much if you don't get much done over the next 24 hours. Give yourself a rest and do what makes you feel good rather than what gets you ahead.

♋ Cancer

June 22 - July 23

You can no longer rely on other people to come to your rescue if you mess up. You got away recently with it because others caught you but now the safety net has gone.

♌ Leo

July 24 - Aug. 23

Something will happen today that makes you realize how much more is possible and how far short of your potential you have been falling.

♍ Virgo

Aug. 24 - Sept. 23

You need to get away from your current environment. You may not be able to get away immediately but what you decide today will make it easier for your future escape.

♎ Libra

Sept. 24 - Oct. 23

Don't be too eager to uncover other people's secrets or they may start digging around in your affairs – and who knows what they might find!

♏ Scorpio

Oct. 24 - Nov. 22

With Venus, planet of harmony, moving through your opposite sign you will have to follow as much as you lead. A partnership begun now will bring advantages for both of you, so try sharing.

♐ Sagittarius

Nov. 23 - Dec. 21

Everyone you meet will be nice to you today and you will be nice back. However, don't let your guard down because one such "nice" individual has designs on your money.

♑ Capricorn

Dec. 22 - Jan. 20

This is a good time to start something creative. It may take up a lot of your time but what you get back will more than balance what you put in.

♒ Aquarius

Jan. 21 - Feb. 19

Venus will ensure that family affairs go smoothly in the near future. If there have been any disputes now is the time to sort them out together.

♓ Pisces

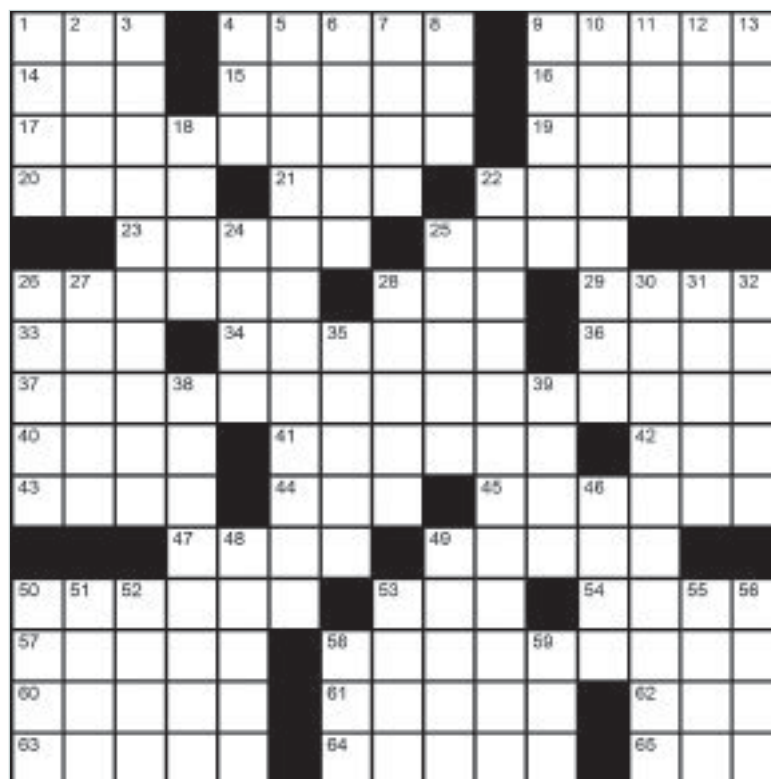
Feb. 20 - March 20

This is a good day to get out and about. If you make new friends over the next 24 hours they may well become friends for life.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. "60 Minutes" network
4. 3501 in Old Rome
9. Rapsallion
14. Be delinquent with dollars
15. Sailing spot
16. Ms. Sharapova of tennis
17. Posh procession
19. Administer
20. ___ and terminator
21. Add-___ (Accessories)
22. Noisy floor effects
23. Approache
25. Fantastic tale
26. Bakery bargain, ___ bread
28. Brooch
29. Herman Melville tale
33. "Lager and ___" by Kim Mitchell
34. ___ = The sixth letter of 'Toronto'
36. Placing
37. Sugar to a strawberry or salt to a tomato: 2 wds.
40. Campsite warmer
41. "Fine then.": 3 wds.
42. Sports org.
43. "___, ___ can." (Cando attitude)
44. "Dancing with the Stars" co-host ...her initials-sharers
45. First Greek letters
47. Their: French



49. A-List
50. Symbol
53. ___ rata
54. Constellation bear
57. More achy
58. Listener's picks of songs

60. Somewhat
61. Canadian singer Ms. Gallant
62. "___ la la!"
63. Have a hunch
64. Mariner's measures
65. Voter's 'no'

Down

1. Ice-T's wife
2. New York's theatrical destination, fun-style
3. 1756 to 1763 conflict, ___ 'War
4. Actress Gretchen

5. Montreal history/arts attraction: 2 wds.
6. Stands for
7. Cookies brand
8. 'Hero' suffix
9. Intelligent
10. Gordon Lightfoot seafaring tune:

- "Ghosts of ___"
11. Italian harp
12. Sealtest product
13. Compensates
18. Prefix that means 'Mars'
22. CTV's "The Social" co-host: 2 wds.
24. Too
25. Writer A.A.
26. Mr. Duck
27. Rachel McAdams' "The Notebook" (2004) role
28. Non-Royals
30. "The Marilyn Denis Show" expert Charles the Butler's surname
31. Big lake of Russia
32. Gumbo veggie [pl.]
35. Bellowing
38. Like a bride without any head covering
39. Mythical Hun king
46. Cute-sounding "lck!"
48. Uncanny
49. Love poetry Muse
50. After-the-name courtesy titles for gents [abbr.]
51. Grimace
52. Fibre cereal
53. Scheme
55. Ancient colonnade
56. Cinder-like
58. Walther ___ (James Bond firearm)
59. Fleur-de-___

Yesterday's Crossword



Online

See today's answers at
metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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We'll still be cheering for Steve long after he steps off the court.

Steve Nash is no stranger to helping others. His dedication to making his teammates better led him to 2 MVP awards, 8 All-Star appearances and getting named to the All-NBA Team 7 times. As Program Ambassador for Bright Way Forward, Steve is helping to empower more than 500,000 Canadians; including helping 15,000 kids across Canada develop leadership skills, sportsmanship and a love for the game through Steve Nash Youth Basketball.

His contributions, both on and off the court, are why we're proud to be his partner. #ThanksNash



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